

# Growing Healthy Families

MORRISVILLE DISTRICT OFFICE • Vermont Department of Health, WIC Program  
63 Professional Drive, Morrisville, VT 05661 • 1-802-888-7447 or 1-888-253-8798

## Check out River Arts!

### **Music & Movement at River Arts for ages 0–5**

First and third Tuesdays, 10:30–11:30 a.m.\*

74 Pleasant Street, Morrisville

Sing and swing to the beat of the music with children's music educator and local musician, Lesley Grant. Participants dance, move, sing, and explore instruments and learn basic musical elements such as rhythm and vocal dynamics. Free. Drop-in.

### **Kinder Arts at River Arts for ages 3–5**

Fridays, 10:30–11:30 a.m.\*

74 Pleasant Street, Morrisville

Celebrating its third year, this innovative, exploratory arts program with instructor Lesley Grant continues to build self-esteem and skills in young artists. Weekly workshops give young artists an opportunity to explore materials and build on tactile experiences; and to learn about artists through books, and beautiful images. Music, sculpture, photography, painting, drawing and sketchbook exercises are all a part of the adventure! Participating children must be "bathroom savvy."

\* Cancelled when Morrisville School cancelled due to weather conditions.



[www.facebook.com/vdhmorrisville](http://www.facebook.com/vdhmorrisville)

Interactive, up-to-date and reliable health information in your community. Enter to win a healthy family gift pack!

## Baby party for pregnant women

Tuesday, December 15

4:00–5:30 p.m.

Copley Hospital Conference Room

Expecting women are invited to celebrate and talk about making their family as safe and healthy as can be. Bring a friend or family member too! Topics include: Eating "for two," smoking cessation, breastfeeding, healthy weight gain, car seat safety and more. Speak with specialists in birthing, lactation, nutrition and oral health. Resources, refreshments, and prizes provided.

Please call 888-1357 to sign up.

## Nutrition at the Baby Chats

**WIC in 2016:**

**New and Improved!**

Thursday, December 3

10:00–11:30 a.m.

The Playroom

(in front of Hannaford)

Morrisville

Baby Chat sponsored by Building Bright Futures occurs from 10:00–11:30 a.m. each month on the first Thursday at the Playroom in Morrisville, second Saturday at the Lamoille Family Center, and fourth Tuesday at the Church of the Nazarene in Johnson.

Call 888-7447 for more information.

## Refer a friend to WIC!

Do you know a pregnant mom, baby, or young child receiving Medicaid or Dr. Dynasaur? If so, ask them to enroll in WIC by calling 888-7447. After they come to their first WIC appointment, stop by to pick up a free insulated tote!

All activities are FREE  
of charge!



## Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting March 2016, you will shop for all your WIC foods at major supermarkets using the new WIC card.

### More choices

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

### Getting your card

Bring your family to an eWIC Learning Session to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates with your home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and the Morrisville Facebook page. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

### Ready, set, shop!

Home delivery for Morrisville District Office WIC families will end the last week of February, 2016. You'll be able to use your new WIC card in authorized stores beginning March 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity. The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

Learn more at [healthvermont.gov/wic](http://healthvermont.gov/wic)  
or [facebook.com/vdhmorrisville](https://www.facebook.com/vdhmorrisville)

## Morrisville eWIC Learning Sessions

Drop in anytime during the times listed.

**Thursday, January 7**

9:00 a.m.–Noon

Vermont Department of Health  
63 Professional Drive, Morrisville

**Monday, January 11**

3:00–5:00 p.m.

Vermont Department of Health

**Tuesday, January 19**

1:00–4:00 p.m.

Vermont Department of Health

**Wednesday, January 20**

9:00 a.m.–1:00 p.m.

United Church of Hardwick  
216 South Main Street, Hardwick

**Monday, February 8**

8:00 a.m.–4:00 p.m.

Vermont Department of Health

**Wednesday, February 10**

8:30 a.m.–11:30 pm, 1:30–3:00 p.m.

United Church of Hardwick  
216 South Main Street, Hardwick

**Tuesday, February 16**

8:00 a.m.–4:00 p.m.

Vermont Department of Health

**Thursday, February 18**

8:00 a.m.–4:00 p.m.

Vermont Department of Health

**Monday, February 22**

8:00 a.m.–4:00 p.m.

Vermont Department of Health

**Wednesday, February 24**

8:00 a.m.–4:00 p.m.

Vermont Department of Health

**Friday, February 26**

8:00 a.m.–4:00 p.m.

Vermont Department of Health

**Monday, February 29**

8:00 a.m.–4:00 p.m.

Vermont Department of Health